STOP BUYING THINGS

SPECIAL

*for a month, at least

**not counting necessities

a zine on "no spend" months

BEST FRUIT EST.1967

PEAR

Fresh Apple #68479

1 × Rice (2kg) .....
1 × Orange Juice (1L) .....
Subsotal: .....
Tax (5%: .....
Total: .....

Thank you for

ICE SOUP

have you tried it?

if you aren't chronically online, to **"ice soup"** yourself means to suffer the aftermath of eating ice cubes in water after a very expensive (often unnecessary) purchase. it's a joke that's been around. i think it's very funny.

unfortunately, i've ice souped myself more times than i'd like to admit. this entire year, i've been eating ice soup. my blood is ice water soup. this is very embarrassing.

WHY $149

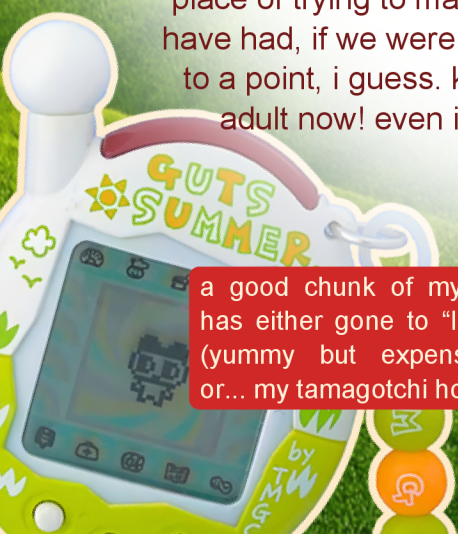
why do i do this to myself? where does the money even go??

i don't know. i've only graduated last year and got a job right after. i still live with my mama, so i guess it hasn't really felt like i've grown up yet.

we grew up pretty poor, and i only was able to get where i am thanks to scholarships and luck. but back then, i never had anything for myself! no toys, all hand-me-down clothes. birthdays and christmas barely excite me, since i know i'll get nothing (which is fine because i know my parents work very hard).

part of me feels like i don't deserve good things, because i never had any.

i'd like to think that my spending was initially from a place of trying to make up for lost moments i could have had, if we were a little more well off. but it gets to a point, i guess. kind of a bummer, but i am an adult now! even if it hasn't quite sunk in yet.



a good chunk of my spending has either gone to "little treats" (yummy but expensive food) or... my tamagotchi hobby...

i also got a walkman too which was also pricy... but worth it, maybe.

no-spend month

a “no spend” month is pretty much what it says on the tin: a month of no spending. might as well start small, after all!

some people do 3 months or even a whole quarter! maybe one day...

we often fail to realize how much the “little treat” expenses pile up after a year - at least, that was my situation recently. i noticed that i barely had any funds for emergencies, which was scary because literally everyone else was already looking to invest their money. i want to be responsible too, because i have dreams of my own!! also, the economy is growing scarier each year, and **i want to be safe**.

remember

while it’s always important to practice intentionality and to have a goal in mind, it’s probably better to have a **goal that’s more positive** than negative. *“i want to spend nothing because i am terrible with money”* will probably just lead to more guilt - and personally that makes me spiral and feel hopeless enough to say fuck it, give up, and go back to spending (lol).

personally, my dreams aren't too big. **i just want to live a comfortable life** where i work a stable job, have enough to eat, and still have time for artistic exploration. that's why i want to try and save up!! goals should be motivating and kind, of course!!

here are some other tips, i think.

TIPS

1. start ~~small~~ somewhere

one day of no spend is better than nothing. and then once you're more comfortable, you can move onto a week. it doesn't even have to be COMPLETELY no spend either - because it goes without saying that you still need to buy basic needs. but what i mean is that you can go for "low spend" and have a strict budget, withdraw it in cash, and then only pay for things with that amount of money instead of online payments (too accessible, easy to overdo).

2. personalize your challenge

i have my personal rules with my no spend month, and i think there is no "definitive" way to play it since context matters so much. i work from home, so i don't get the chance to go out for fun all too much. and that's all fine, but other people may want to go out with friends once a week! or maybe there are important events coming up, like a birthday, and you need to buy a gift if you don't have the option to DIY it. i don't know. i don't know you!! point is, it's best to dive in prepared rather than do it on an impulse. that way, you don't go around finding loopholes and excuses to spend more than you should.

3. rewarding yourself

optional *(see tip #2)* but anything you DO feel like buying, i suggest screenshotting and saving somewhere. at the end of the month, it's likely you'll lose the urge to buy it... but if it's STILL something you want, you can only choose ONE thing to buy out of the collection of screenshots you've saved just one. has to be reasonably priced too, not near or above the amount of the money you literally just saved up the entire month. don't let the reward defeat the purpose.

4. let people know!!

people in your life will usually be understanding if you say you're doing a no spend challenge. if they try to joke around and say *"it's just one purchase!"* then you will have to need to reinforce your boundaries. but on the other hand, they could also be supportive and can help with accountability! i don't have that many people around me, but if i did it might be fun to do this whole thing with a friend...

GO IPS

things to do instead of buying stuff

start a diy project
(without spending)

make a zine
(this is a self callout)

arts and crafts
(paper is everywhere. make origami or something!)

learn to pirate
(responsibly)

free ebooks and audiobooks
(libraries or piracy)

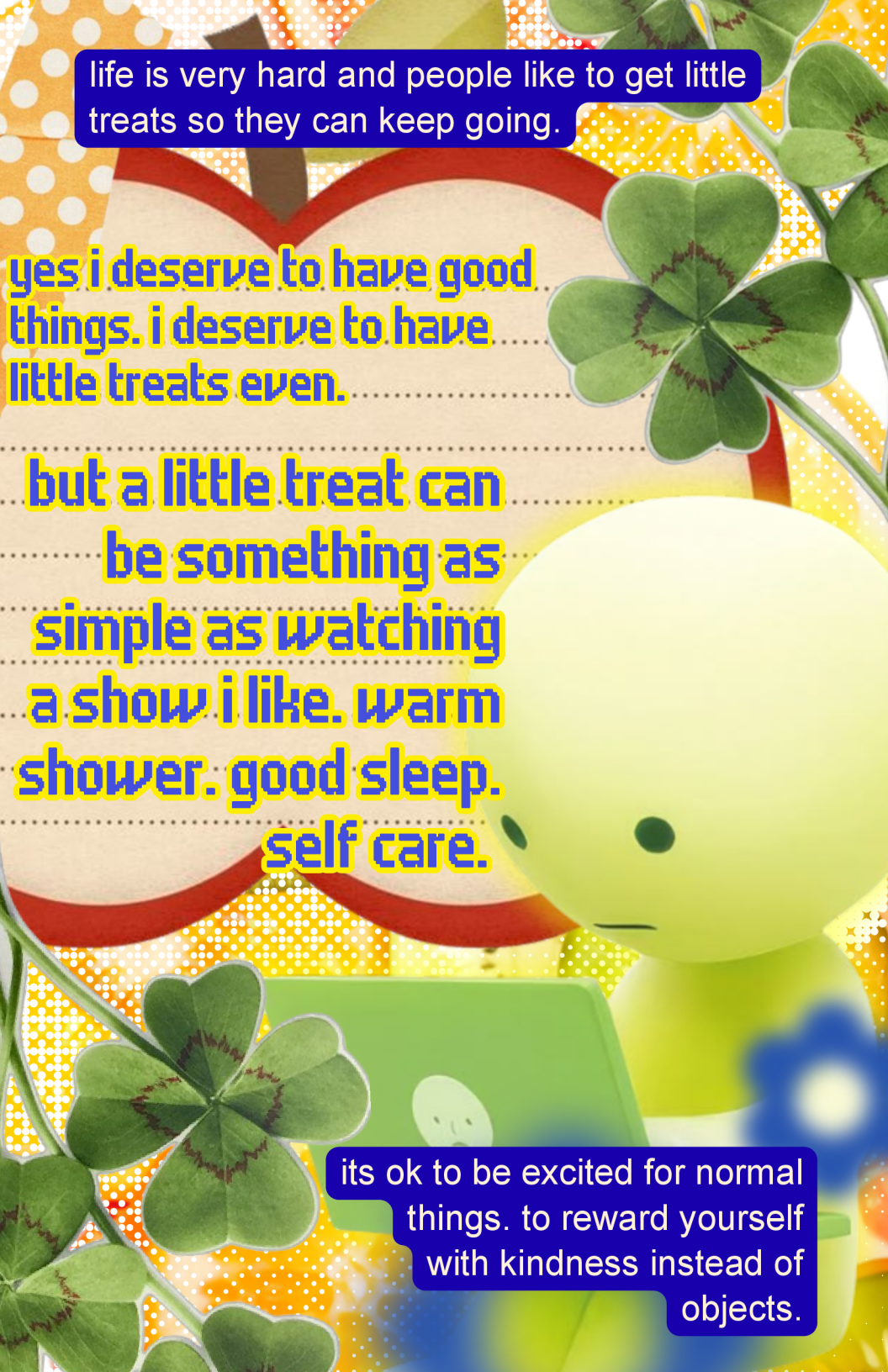
virtual museum tours

learn something new
(i like wikipedia diving!)

draw something even if its bad

make your own website
(or get lost browsing neocities)

there is always joy to be found in things you already have, in making things, and in enjoying the art other people share with the world. i find that i'm at my happiest surrounded by these creative things, and that the happiness lasts long-term.


life is very hard and people like to get little treats so they can keep going.
yes i deserve to have good things. i deserve to have little treats even.
but a little treat can be something as simple as watching a show i like. warm shower. good sleep. self care.
its ok to be excited for normal things. to reward yourself with kindness instead of objects.

dear reader,

thank you for taking the time to look through my zine!! it's my absolute first time making one, and part of me is scared that no one's going to care or even see, or it might be too corny, or that it's pointless to put in the effort of making one,, but i'm happy that i at least got it out, and that at least one person is reading this (even if it's just me) :)
i don't have access to a printer, and even if i do, i don't know anyone who would be interested in my zines... so i hope the internet likes it!!

kofi @pkachiu
(download file)

tumblr / instagram
@potchiware

bsky
@pkachiu.is.eepy.now

i don't exactly have a public social media presence, and i'm too afraid to post my art in places...but here's where you can find me. my tumblr / instagram is home to my amateur photography! and maybe in the future... zines?